



## **Invitation to a Professional Training Event hosted by WMA Wellness Inc. Creating Healthy and Effective Workplace Environments: Training Others in Mental Fitness and Resiliency Practices**

“Current research underscores the importance of creating workplace cultures that foster the psychological health and wellness of employees within their team and work environments. Healthy workplaces support well-being, are psychologically safe, and provide the basis for effective team functioning. Organizations can be proactive by taking targeted actions to safeguard the well-being of employees and ensuring the creation of positive and healthy workplace cultures.”

*Dr. Patti Peterson and Dr. Bill Morrison, WMA Wellness, 2018*

### **Training Event Overview**

The intent of this professional training event is to equip human resource professionals, workplace consultants, managers and team facilitators to train others in the Positive Workplace Framework (PWF™). The PWF is an evidence-based approach for promoting and embedding Mental Fitness and Resiliency Practices in daily workplace routines and interactions. This training provides participants with the prerequisite knowledge, skills, resources and strategic plans for optimizing workplace environments, contributing to enhanced employee well-being, engagement and productivity. Completion of this training event provides participants with:

- Certification as PWF Trainers
- Essential knowledge and skills for promoting employee well-being, engagement and productivity
- A 12-month subscription to the PWF Resource Platform containing online and downloadable resources (team-building activities, eBooks and training videos, strategy checklists, assessment resources, presentation resources, multi-year strategic plans) for training others in embedding Mental Fitness and Resiliency Practices in workplace settings (resources available in English, French and Spanish)
- Core competencies in using the Mental Fitness and Resiliency Inventory (MFRI) to assess workplace cultures and to target strategic plans for optimizing workplace environments.

# Training Event Registration

**As part of this training event, WMA senior consultants carry out a follow-up consultation session to provide support to certified PWF trainers in developing plans to apply the PWF in their respective workplaces or organizational settings.**

**Date:** November 5th and 6th  
**Time:** 8:45 am to 3:30 pm  
**Location:** The WU Conference Centre  
UNB Campus  
Fredericton. NB  
**Cost:** \$1,500 per participant

**Deadline for submitting the attached Registration Form and payment: October 31, 2018**

*Cancellations received prior to October 31 will be refunded. After October 31, an alternate attendee may be identified in lieu of a refund.*

## **HOW TO REGISTER:**

To reserve a seat or group of seats for this workshop, **please call 506-455-6514**, or **email the attached Registration Form to [kat@wmawellness.com](mailto:kat@wmawellness.com)**. Spaces are limited!

Advance payment may be made to WMA Wellness Inc., either by cheque, by email transfer, or through PayPal. Cheques can be mailed to WMA Wellness, Inc., 30 Hughes St., Fredericton, NB, E3A 2W3. Funds may be sent electronically to [info@wmawellness.com](mailto:info@wmawellness.com). In order to pay through PayPal, please contact [kat@wmawellness.com](mailto:kat@wmawellness.com) to receive an electronic invoice which will link to our corporate PayPal account.

The Registration Fee covers the full two-day training event, materials, light nutrition breaks and lunches, as well as an annual subscription to the PWF online resource platform and a post-event follow-up consultation with PWF trainers.

Wellbeing, Engagement, Performance  
*Optimized*

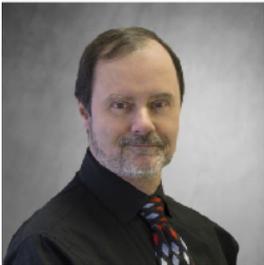
# WMA Senior Trainers



Dr. Bill Morrison is a counselling psychologist, author and recognized national speaker in mental health and positive mental health for school and workplace environments. Dr. Morrison was named among 150 Leading Canadians for Mental Health in 2017, receiving the Centre for Addiction and Mental Health (CAMH) Difference Maker Award.



Dr. Patricia Peterson holds a doctoral degree from Boston University with specialization in inclusionary practices, diversity and disability management. She has authored several books and e-toolkit resources on positive mental health which are used across several Canadian provinces and territories. She is a researcher and co-author of the Positive Workplace Framework.



Dr. Robert Laurie holds a doctoral degree in statistical measurement and psychometrics. He has been instrumental in the validation of the Mental Fitness and Resiliency inventory in English, French and Spanish. Robert is an expert in using data to assess workplace environments for developing practical plans for promoting healthy and effective workplace practices.

*WMA Wellness Inc. is a national provider of positive psychology workplace solutions and organizational consulting. WMA has designed the Positive Workplace Framework to assist organizations in implementing positive psychology practices that contribute to healthy and effective workplace environments. For more information, visit <http://wma wellness.com/>.*